Welcome back to Term 3. I hope everyone had a relaxing holiday and managed to spend some time outdoors enjoying the beautiful weather. This term brings around many events and promises to be very productive as well as very busy. Some of the events include Education Week, Athletics Carnival, Peter Pan performance, Jump Rope for Heart, Hills Performing Arts performance, Public Speaking finals and the start of Kindergarten Orientation. We hope that many parents are able to enjoy some of these events with their children.
P & C Meeting
Don’t forget that our next P & C Meeting is **this Thursday 24th July at 7:00 pm** in the staffroom and everyone is welcome.

Parent Teacher Interviews
At the end of last term reports were sent home and last week we held parent teacher interviews. Thank you to the numerous parents who attended the interviews and thank you to the staff of Rouse Hill PS for their dedication, professionalism and enthusiasm conducting interviews. Last week in excess of 680 parent/teacher interviews were conducted over 4 days; this was a wonderful achievement.

Education Week Open Day
Next week is Education Week and our Open Day is **Thursday, 31st July**. The day promises to be a very enjoyable one with a broad range of activities, starting at midday with open classrooms, followed by a picnic lunch from 1:00 – 2:00 pm. The day will conclude with ‘Entertainment in the Round’ from 1:15 – 2:00pm, highlighting a variety of performance groups and class items. I look forward to seeing a large crowd on the day.

Kindergarten Open Mornings
On **Thursday 21st August** RHPS will be holding an Open Morning for prospective parents and students enrolling in Kindergarten in 2015. If you have a child beginning Kindergarten next year, or know of a child, please ask the parents to RSVP to Mrs Filipic by **14th August**. The Open Morning will run from **9:45 am till 11:25 am** and then three further sessions will be run for students on **Thursday 13th November, Tuesday 25th November and Monday 1st December**.

Road Awareness
Most parents realise parking is an ongoing issue at Rouse Hill PS. I would like to remind all parents to exercise caution, care, courtesy and common sense when driving and parking near any school zone. Please consider the rights of our neighbours, ambulance, fire engines etc and do not park in driveways, block streets or park on front grass nature strips, in the interests of student safety and community courtesy.

Hand, Foot & Mouth Disease
We have received notification of another case of Hand, Foot and Mouth Disease. Please see the attached fact sheet from NSW Health. Teachers will reinforce with students the need for personal hygiene but it would be wonderful if this was reinforced at home.

Kind Regards
David Jenkins
Principal

Book Club
We would like to thank you for all your support and for returning your orders to class teachers on time. However, please note that Book Club **does not** accept cash payments. Payments are accepted by:

- Paying online using your credit card - www.scholastic.com.au
- Telephoning Scholastic Australia Pty Ltd on 1800 021 233
- Sending a cheque or money order made payable to Scholastic Australia Pty Ltd together with your order

If you have any queries please contact the Book Club teachers by leaving your contact details with the office staff.

Thank you & happy reading
Belinda Caprarelli & Nicole Egan
Congratulations to all our students who have completed the Premier's Reading Challenge over the past few years. We were gifted 66 brand new books for the school library because of your dedication to finishing the reading challenge. Please remember to return all completed reading challenge logs to the library as soon as possible. All entries must be in before August 15th.
Welcome back to Rouse Hill Public School for a busy and exciting Term 3!

Theme/Location: All Playground Settings

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<th>Be RESPECTFUL</th>
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| **ALL PLAYGROUND SETTINGS** | • Walk safely on hard surfaces.  
  • Keep hands and feet to self.  
  • Report problems to teacher on duty. | • Always use your best manners.  
  • Follow directions when asked.  
  • Treat others the way you want to be treated. | • Be an active participant.  
  • Try your best at all times.  
  • Be a team player. |

Term 2 Week 8 Dino Draw - Look at these Safe, Respectful Learners!

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Term 3 Week 1 Dino Draw -
Congratulations to these wonderful winners!

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Factsheet

Hand, Foot and Mouth disease

Hand, foot and mouth disease is a common viral infection which is easily passed from person to person. It usually causes a mild illness. Good hygiene helps prevent infection.
Last updated: 03 April 2013

What is hand, foot and mouth disease?

Hand, foot and mouth disease is generally a mild illness caused by a number of enteroviruses, particularly coxsackieviruses. It is usually not a serious illness, and occurs mainly in children under 10 years of age but can also occur in older children and adults. It is not related to the foot-and-mouth disease that affects cattle.

What are the symptoms?

- Enteroviruses such as coxsackieviruses may cause no symptoms at all or only very mild symptoms.
- When symptoms do occur, they include blisters that start as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the hands and feet. In infants, sometimes blisters can be seen in the nappy area. Blisters usually last for seven to 10 days.
- Children can sometimes have a low fever, irritability, sore throat, tiredness, feel off colour and may be off their food for a day or two.
- Very rarely, the enteroviruses can infect the lining of the brain and spinal cord (known as viral meningitis) or other parts of the body.

How is it spread?

- Hand, foot and mouth disease is usually spread from person-to-person through faecal contamination (which can occur when changing a nappy or using the toilet and not properly washing hands afterwards), or spread through respiratory secretions (saliva, sputum, or nasal mucus) of an infected person. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters.
- With small children, sharing of toys that may have been in another’s mouth can also spread infection.
- It usually takes between three and five days after contact with an infected person before blisters appear. The viruses can remain in faeces for several weeks.

Who is at risk?

- The viruses that cause hand, foot and mouth disease are common and particularly affect children.
- Many adults, including pregnant women, are often exposed to them without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers can pass the infection onto newborn babies who rarely can have severe disease.
Hand, Foot and Mouth disease

- Outbreaks may occur in child care settings.

How can it be prevented?

- Good hygiene is the best protection. Wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing.
- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks).
- Thoroughly wash any soiled clothing and any surfaces or toys that may have been contaminated.
- Teach children about cough and sneeze etiquette
  - Cough and sneeze into your elbow (rather than your hands) or cover with a tissue
  - If you use a tissue to cover your nose and mouth, put the tissue in the bin straight away
  - Wash your hands afterwards with soap and water

How is it diagnosed?

The doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

How is it treated?

- Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin.
- Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.
- If the headache is severe, if fever persists, or if you are worried about other symptoms, consult a doctor.

What is the public health response?

Hand, foot and mouth disease is not notifiable. Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried.
To help prevent spread, parents should report the illness to the director of the childcare centre or school principal.

For further information please call your local Public Health Unit on 1300 066 055
Page Owner: Communicable Diseases
Changes to Busways Bus Timetable

We have received notification from Busways regarding changes to the afternoon school bus 4. For further information please telephone Busways Blacktown Depot on 9625 8900 or visit their website at www.busways.com.au. Details of the changes are as follows:

GALSTON HIGH SCHOOL
LORIEN NOVALIS SCHOOL
OAKHILL COLLEGE
OUR LADY OF THE ROSARY
PACIFIC HILLS CHRISTIAN SCHOOL
REDFIELD COLLEGE
ROUSE HILL PUBLIC SCHOOL
ST MADELEINES PS
WILLIAM CLARKE COLLEGE

AFTERNOON SCHOOL BUS 4

Busways are in the process of reviewing services in your area, and as a result we are proposing some changes to your school services. Please see below your proposed changes.

School Bus 4 from Hills schools to Old Pitt Town Rd & Boundary Rd Interchange, then Maraylya and Cattai, will be replaced by new School Bus 5600 as displayed below:

School Bus 5600 will pick up Hills district schools as per current Bus 4 as follows: Gilroy College (3:15pm), Oakhill College (3:26pm), Lorien Novalis School (3:32pm), St Madeleines PS (3:39pm) and Marian College (3:40pm). Then operates direct to Old Pitt Town Rd & Boundary Rd Interchange (4:05pm).

TRANSFER STUDENTS FOR WINDSOR RD, MCGRATHS HILL & WINDSOR TO BUS 6
TRANSFER STUDENTS FOR OAKVILLE & PITT TOWN TO BUS 7
STUDENTS PREVIOUSLY CONTINUING ON BUS 4 BEYOND OLD PITT TOWN RD / BOUNDARY RD WILL BE REQUIRED TO TRANSFER TO ROUTE 664 (see below).

School Bus 5600 then replaces Bus 11 from Old Pitt Town Rd & Boundary Rd Interchange, as follows:

Bus 5600 departs Old Pitt Town Rd / Boundary Rd Interchange via (L) Boundary Rd (R) Menin Rd (L) Harkness Rd to Commercial Rd.

TRANSFER RIVERSTONE STUDENTS TO BUS 2

Then continues via (R) Commercial Rd (R) Bocks Rd (L) Hancelk Rd (L) Glenidol Rd (R) Commercial Rd (R) Broos Rd (L) Oakville Rd, Wolseley Rd (L) Havelock St (L) Old Hawkesbury Rd (R) Pitt Town Rd (4:26pm)

Route 664 from Old Pitt Town Rd & Boundary Rd Interchange replaces Bus 4 to Maraylya, as follows:

Route 664 departs Old Pitt Town Rd / Boundary Rd Interchange via (R) Boundary Rd (R) Red Gables Rd (R) Janpieter Rd to end, turn around & return via Janpieter Rd (L) Red Gables Rd (R) Boundary Rd to Maraylya Shop (4:18pm)

TRANSFER STUDENTS FOR PITT TOWN RD & KENTHURST TO HILLSBUS

Community Information

The following are paid advertisements. Rouse Hill Public School does not endorse nor assume responsibility for the products/services advertised.

Education in a nurturing environment

Annangrove
Pre School Kindergarten

- Providing high quality early childhood education in a peaceful rural location
- Preparation for primary school programs daily
- Nutritious meals provided
- Pre School hours 8.30am to 4.30pm
- Long Day Care available 7am to 6.30pm

All enquiries ph 9654 0176
125 Annangrove Rd Annangrove NSW 2156
email: info @ annangrovepreschoolkindergarten.com.au
website: www.annangrovepreschoolkindergarten.com.au

Give your child confidence...

Jazz * Tap * Ballet * Contemporary * Hip Hop
Funk * Singing & Drama * Zumba * Acrobatics
Fun, competition free dance classes for all ages

Kellyville & Castle Hill Studios

www.jigsawdance.com.au
T: 9652 1725 M: 0412 687 890
E: dance@jigsawdance.com.au
Community Information

The following are paid advertisements. Rouse Hill Public School does not endorse nor assume responsibility for the products/services advertised.

The Hills Shire Music School

- Guitar
- Bass
- Ukulele
- Drums
- Piano
- Flute
- Clarinet
- Singing
- Keyboards
- Violin
- Saxophone
- Trumpet
- Theory
- Performance
- AMEB exams

Ph 9899 3177
www.hillsshiremusic.com.au

Professional music tuition at the Hills Shire’s Premier Music School.
Call us about our Trial Lesson Offer!
Gift Vouchers available. We also offer Music Workshops in the School Holidays. Visit our website for more details.

26/22 Hudson Ave, Castle Hill
Next door to the Hills Homemaker Centre in Castle Hill

FARMERS MARKET – CASTLE HILL

Come join us out at the Castle Hill Showground every
2nd and 4th Saturday of the Month – 8 AM – 12 NOON
New entry into showground is now via Showground Rd.

BUY FRESH Support our little Australian Farmers & Producers from local and regional NSW.
Over 75 stalls of wonderful foods.

Free kids cooking & craft corner held at the market on the
4th Saturday of each month.

Fresh fruit & vegetables, freshly baked breads, beef, pork, lamb, duck, chicken, assorted cheeses, fresh jersey milk, cakes, condiments, oils, antipasto, smoked salmon & trout, tea, nuts, gluten free cakes, freshly made pastas & sauces, scottish products, french products, fresh cut flowers, plants & seedlings plus so much more.

The Hills Craft market runs alongside us on the 4th Saturday of each month. A great morning to purchase FOOD & GIFTS.

Come early not to miss out. Enjoy breaky out at the markets.

Proudly organised by BLACK CASTLE EVENTS.
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Prarthna Bhuta
(Bsc., MPh, MOT)
8 Carrington Road
Castle Hill NSW 2154
T: (02) 9659 2666
E: prath@iinet.net.au
W: www.advanceot.com.au

At Advance Occupational Therapy
a range of assessments and interventions are used to help enhance the potential in each individual.

Unique to Advance are Baby Massage classes for parents, along with age appropriate developmental exercises for babies using specialised equipment.

We can assist pre-school and school aged children with challenges in the following areas:

- Gross motor co-ordination
- Fine motor skills
- Sensory perception issues
- Visual perception issues
- Self regulation issues
- Low muscle tone
- Learning difficulties
- Behavioural issues
- Autism Spectrum Disorder
Community Information

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**ACTIVE PREGNANCY CLASSES**
- Keeping you fit, strong, toned & healthy during pregnancy.
- Incorporating cardio, strength, flexibility & relaxation.
- Improve energy levels, boost self esteem, reduce back pain, develop strength, strengthen pelvic floor, avoid extra weight gain, better post-natal recovery, meet new friends.

**ACTIVE MUM & BUB CLASSES**
- Rebuild your pre-pregnancy body. Exercise with your baby or children, in the great outdoors. Focusing on fitness, strength, tone, pelvic floor, abdominals & posture.

**6 WEEK BODY OVERHAUL**
- An intensive & week program designed especially for women. The fastest way to get results. Get fit & strong, lose weight, tone up, increase energy & improve eating habits. A great start, healthier, now you.

**WOMEN’S BOOT CAMP (OUTDOOR FITNESS)**
- A fun fitness program designed especially for women. Designed to get you fit & losing weight. Creating fatter stomachs, shapely legs, tighter butts and awesome arms.

**CARDIO KICK BOXING**
- Get fit, tone up, let off some steam and have fun at our Women’s Cardio Kick Boxing Classes. A 45 minute intense class using fun kick boxing drills to get you results fast.

**AWESOME ABDOMINALS - YOUR MUSCLE MAKE-OVER**
- Abs can weaken and lose shape due to: past pregnancies, abdominal surgery, sitting for hours a day at desk, to name a few. Don’t waste time with traditional crunches. Learn how this program will give you a rock hard core.
- Build strength of abs, obliques & back pain
- Regain control of abdominal muscles after surgery
- Improve posture, stand stronger,屹
- Strengthen Pelvic floor

**INFANT & CHILD FIRST AID COURSE**
- Keep your child safe & avoid mishaps by being prepared. Drowning, CPR, Choking, Dreaming, Allergic Reactions, Burns, Asthma, Poisoning, Bites & Stings, Childhood Diseases & more.

Locations:
- Baulkham Hills & Rouse Hill
Ph: 1300 383 361/ 0409 243 833
www.activeum.com.au

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**EDUCATE TO COMMUNICATE (Speech Pathology)**
**ROUSE HILL**

Is your child experiencing difficulties in any of the following areas?

- Speech Sound Production.
- Following instructions.
- Reading comprehension.
- Producing sentences.
- Telling stories.
- Answering questions.
- Stuttering.

A Speech Pathologist can assist children with communication difficulties.

Contact us on 0401 937 626 to make an appointment.

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**Take Me Home Teddies**

We are a “Stuff your own teddy” party business... but with a twist!

Simply pick one of the packages that suits your needs and budget and then contact us to book your time.

You can pick your favourite teddy, bring it to life with our unique mobile stuff machine called TED JNR!

Choose an outfit and matching shoes! Accessories including strollers, handbags, nose inserts, sunglasses etc.

Name your new friend, and get a birth certificate for him/her.

You’ll also get a Critter Cottage or Backpack for your teddy to live in!

All parties receive a FREE craft box for making bracelets for your bear and yourself!
Community Information

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CATS ON SHOW

THE USA are coming to Riverstone to critique our four legged furry friends – If you are interested, please come along and give your support

Great Afternoon Out

STALLS, FOOD AND REFRESHMENTS AVAILABLE

SATURDAY 26 JULY 2014
9.00AM TO 3.00
RIVERSTONE SPORTS CENTRE
CNR GARFIELD ROAD EAST AND HAMILTON STREETS RIVERSTONE
ALL WELCOME